

## Rainier Beach Pool SWIMMING LESSONS September 17th—December 23rd

**Registration Begins:**  
**Online:**  
**In Person:**  
**By Phone:**

**August 7th at 12 noon**  
**[www.seattle.gov/parks](http://www.seattle.gov/parks)**  
**8825 Rainier Ave S.**  
**206.386.1925**

### PARENT & CHILD AQUATICS

**Ages: 6 months - 4 years**

American Red Cross Parent and Child Aquatics introduces you and your child to basic swimming skills. As parents, you learn how to safely work with your child in the water and how to prepare and encourage your child to participate fully and try the skills offered. In addition, everyone is introduced to water safety topics along with songs, games and lots of fun. Each child must be accompanied in to the water by a parent or adult. Swim diaper or tight fitting plastic pants are required.

### THREE-YEAR-OLD LESSONS

**Age: 3 years old**

We introduce children to basic water adjustment skills, bubbles, breath-holding, front and back floats, kicking, arm pulls and water safety skills. Children must have initial water comfort and be able to work in the water with an instructor. To ensure safety and quality, we maintain a 3:1 student to instructor ratio.

### FAMILY LESSONS

**Age: 4-8 years old**

Learn beginning swimming skills with your own child in a fun and relaxed atmosphere. Some of the skills covered include breath control/rhythmic breathing, kicking, floating, beginner stroke work, and lifejacket safety. Parent/guardian does NOT have to know how to swim but must be in the water with their child.

### KINDER LESSONS

**Ages: 4 & 5**

Participants start with basic water adjustment and advance through front and back floats, flutter kick, rolling from front to back, side breathing, crawl stroke with side breathing, backstroke, whip kick, treading water, diving, and water safety skills. On the first day of class, children are sorted into groups by ability with a 6:1 student to instructor ratio to ensure safety and quality.

### BEGINNING SWIMMER LESSONS

**Ages: 6 - 16**

Our specially designed **Seattle Swims** Lesson Program puts the emphasis on safety, fitness and fun! Our teaching techniques utilize well organized progressions for learning, plenty of practice and instructor feedback. This class mainly focuses on floating, gliding and kicking, crawl stroke with side breathing, elementary backstroke, backstroke, whip kick, breaststroke, treading water diving and more water safety skills. We will group children by ability on the first day of class to provide the best opportunity for your child's success.

### SPECIAL POPULATIONS LESSONS

**Ages 6-17**

These are individual or small group lessons for children with special needs. We provide pool chair lifts and portable stairs for easy access. Please contact the pool for registration.

### ADVANCED SWIMMER LESSONS

**Ages: 6 - 16**

**Prerequisite:** Swimmers must have passed Beginning Swimmer, be comfortable in deep water, and swim 25 yards of strong crawl stroke, backstroke, whip kick, and dolphin kick. Advanced swimmer adds breaststroke, butterfly, and backstroke along with longer distances and stroke refinement.

Participants who do not meet this prerequisite will be dropped from the course and moved to a Beginning Swimmer class, if space is available. Pretests are available during Public Swims.

### ADULT STROKE DEVELOPMENT

**Ages 16 and up**

In this course, you will refine swimming strokes and build endurance. Whether you want to train for a triathlon or become better at swimming laps for fitness, this is the class for you! Deep water comfort and ability to swim 25 yards (length of the pool) without stopping is required.

### ADULT LESSONS

**Ages 16 and up**

All ability levels welcome! Small groups with similar goals are arranged so instruction can focus on the basics all the way to learning a variety of strokes and water safety. Enjoy exploring the possibilities while developing lifelong and lifesaving skills.

**CLOSURES: November 12 for Veterans' Day**

**November 22nd and 23rd for Thanksgiving Day and Day after Thanksgiving**

### REFUNDS, WITHDRAWS AND TRANSFERS

Partial prorated refunds are available if you drop a class **prior to the second lesson of the session**. \$5 or 10 % withdraw fees apply. These fees apply to any withdraw, even if you wish to register for an alternate class. Full refund is issued if Parks cancels a program. More information on refund policy is available on request.

We reserve the right to cancel any program that does not have the minimum number of participants enrolled.

Class	Days	Start Time	End Time	Start	End	# Classes	Cost	Barcode
Tots	Monday	10:00 AM	10:30 AM	9/17/18	12/17/18	13	\$97.50	184135
	Monday	6:00 PM	6:30 PM	9/17/18	12/17/18	13	\$97.50	184136
	Tuesday	10:00 AM	10:30 AM	9/18/18	12/18/18	14	\$105.00	184143
	Tuesday	5:30 PM	6:00 PM	9/18/18	12/18/18	14	\$105.00	184144
	Wednesday	10:30 AM	11:00 AM	9/19/18	12/19/18	14	\$105.00	184145
	Wednesday	6:00 PM	6:30 PM	9/19/18	12/19/18	14	\$105.00	184146
	Thursday	10:00 AM	10:30 AM	9/20/18	12/20/18	13	\$97.50	184141
	Thursday	5:30 PM	6:00 PM	9/20/18	12/20/18	13	\$97.50	184142
	Friday	10:00 AM	10:30 AM	9/21/18	12/21/18	13	\$97.50	184133
	Friday	5:30 PM	6:00 PM	9/21/18	12/21/18	13	\$97.50	184134
	Saturday	9:00 AM	9:30 AM	9/22/18	12/22/18	14	\$105.00	184137
	Saturday	9:30 AM	10:00 AM	9/22/18	12/22/18	14	\$105.00	184138
	Sunday	9:30 AM	10:00 AM	9/23/18	12/23/18	14	\$105.00	184140
	Sunday	10:00 AM	10:30 AM	9/23/18	12/23/18	14	\$105.00	184139
3 Year Olds	Monday	10:00 AM	10:30 AM	9/17/18	12/17/18	13	\$169.00	184160
	Monday	5:00 PM	5:30 PM	9/17/18	12/17/18	13	\$169.00	184161
	Monday	6:00 PM	6:30 PM	9/17/18	12/17/18	13	\$169.00	184162
	Tuesday	10:00 AM	10:30 AM	9/18/18	12/18/18	14	\$182.00	184172
	Tuesday	10:30 AM	11:00 AM	9/18/18	12/18/18	14	\$182.00	184173
	Tuesday	4:30 PM	5:00 PM	9/18/18	12/18/18	14	\$182.00	184174
	Tuesday	5:30 PM	6:00 PM	9/18/18	12/18/18	14	\$182.00	184175
	Wednesday	10:00 AM	10:30 AM	9/19/18	12/19/18	14	\$182.00	184176
	Wednesday	10:30 AM	11:00 AM	9/19/18	12/19/18	14	\$182.00	184177
	Wednesday	5:00 PM	5:30 PM	9/19/18	12/19/18	14	\$182.00	184178
	Wednesday	6:00 PM	6:30 PM	9/19/18	12/19/18	14	\$182.00	184179
	Thursday	10:00 AM	10:30 AM	9/20/18	12/20/18	13	\$169.00	184169
	Thursday	4:30 PM	5:00 PM	9/20/18	12/20/18	13	\$169.00	184170
	Thursday	5:30 PM	6:00 PM	9/20/18	12/20/18	13	\$169.00	184171
	Friday	10:00 AM	10:30 AM	9/21/18	12/21/18	13	\$169.00	184157
	Friday	10:30 AM	11:00 AM	9/21/18	12/21/18	13	\$169.00	184158
	Friday	5:00 PM	5:30 PM	9/21/18	12/21/18	13	\$169.00	184159
	Saturday	9:00 AM	9:30 AM	9/22/18	12/22/18	14	\$182.00	184165
	Saturday	9:30 AM	10:00 AM	9/22/18	12/22/18	14	\$182.00	184166
	Saturday	2:30 PM	3:00 PM	9/22/18	12/22/18	14	\$182.00	184163
	Saturday	3:00 PM	3:30 PM	9/22/18	12/22/18	14	\$182.00	184164
	Sunday	9:30 AM	10:00 AM	9/23/18	12/23/18	14	\$182.00	184168
	Sunday	10:00 AM	10:30 AM	9/23/18	12/23/18	14	\$182.00	184167
Kinder Ages 4-5 Years Old	Monday	10:30 AM	11:00 AM	9/17/18	12/17/18	13	\$117.00	183931
	Monday	4:30 PM	5:00 PM	9/17/18	12/17/18	13	\$117.00	183932
	Monday	5:30 PM	6:00 PM	9/17/18	12/17/18	13	\$117.00	183933
	Tuesday	10:30 AM	11:00 AM	9/18/18	12/18/18	14	\$126.00	183942
	Tuesday	5:00 PM	5:30 PM	9/18/18	12/18/18	14	\$126.00	183943
	Wednesday	10:00 AM	10:30 AM	9/19/18	12/19/18	14	\$126.00	183944
	Wednesday	4:30 PM	5:00 PM	9/19/18	12/19/18	14	\$126.00	183945
	Wednesday	5:30 PM	6:00 PM	9/19/18	12/19/18	14	\$126.00	183946
	Thursday	10:30 AM	11:00 AM	9/20/18	12/20/18	13	\$117.00	183939
	Thursday	5:00 PM	5:30 PM	9/20/18	12/20/18	13	\$117.00	183940
	Thursday	6:00 PM	6:30 PM	9/20/18	12/20/18	13	\$117.00	183941
	Friday	10:30 AM	11:00 AM	9/21/18	12/21/18	13	\$117.00	183928
	Friday	4:30 PM	5:00 PM	9/21/18	12/21/18	13	\$117.00	183929
	Friday	6:00 PM	6:30 PM	9/21/18	12/21/18	13	\$117.00	183930
	Saturday	9:00 AM	9:30 AM	9/22/18	12/22/18	14	\$126.00	183937
	Saturday	10:00 AM	10:30 AM	9/22/18	12/22/18	14	\$126.00	183934
	Saturday	2:30 PM	3:00 PM	9/22/18	12/22/18	14	\$126.00	183935
	Saturday	3:00 PM	3:30 PM	9/22/18	12/22/18	14	\$126.00	183936
	Sunday	10:30 AM	11:00 AM	9/23/18	12/23/18	14	\$126.00	183938

Class	Days	Start Time	End Time	Start	End	# Classes	Cost	Barcode
<b>Beginning Swimmer</b> Ages 6-16 Years Old	Monday	6:00 PM	6:30 PM	9/17/18	12/17/18	13	\$97.50	183912
	Monday	6:30 PM	7:00 PM	9/17/18	12/17/18	13	\$97.50	183913
	Tuesday	6:00 PM	6:30 PM	9/18/18	12/18/18	14	\$105.00	183923
	Tuesday	6:30 PM	7:00 PM	9/18/18	12/18/18	14	\$105.00	183924
	Wednesday	6:00 PM	6:30 PM	9/19/18	12/19/18	14	\$105.00	183925
	Wednesday	6:30 PM	7:00 PM	9/19/18	12/19/18	14	\$105.00	183926
	Thursday	6:00 PM	6:30 PM	9/20/18	12/20/18	13	\$97.50	183921
	Thursday	6:30 PM	7:00 PM	9/20/18	12/20/18	13	\$97.50	183922
	Saturday	10:30 AM	11:00 AM	9/22/18	12/22/18	14	\$105.00	183914
	Saturday	11:30 AM	12:00 PM	9/22/18	12/22/18	14	\$105.00	183915
	Saturday	2:30 PM	3:00 PM	9/22/18	12/22/18	14	\$105.00	183916
	Saturday	3:00 PM	3:30 PM	9/22/18	12/22/18	14	\$105.00	183917
	Sunday	10:00 AM	10:30 AM	9/23/18	12/23/18	14	\$105.00	183918
	Sunday	11:00 AM	11:30 AM	9/23/18	12/23/18	14	\$105.00	183919
	Sunday	11:30 AM	12:00 PM	9/23/18	12/23/18	14	\$105.00	183920
<b>Advanced Swimmer</b> Ages 6-16 Years Old	Monday	5:30 PM	6:00 PM	9/17/18	12/17/18	13	\$97.50	183906
	Tuesday	5:30 PM	6:00 PM	9/18/18	12/18/18	14	\$105.00	183910
	Wednesday	5:30 PM	6:00 PM	9/19/18	12/19/18	14	\$105.00	183911
	Thursday	5:30 PM	6:00 PM	9/20/18	12/20/18	13	\$97.50	183909
	Friday	6:00 PM	6:30 PM	9/21/18	12/21/18	13	\$97.50	183905
	Saturday	11:00 AM	11:30 AM	9/22/18	12/22/18	14	\$105.00	183907
	Sunday	10:30 AM	11:00 AM	9/23/18	12/23/18	14	\$105.00	183908
<b>Special Population</b> Ages 6-17 Years Old	Monday	4:00 PM	4:30 PM	9/17/18	12/17/18	13	\$97.50	184150
	Tuesday	4:00 PM	4:30 PM	9/18/18	12/18/18	14	\$105.00	184154
	Tuesday	6:00 PM	6:30 PM	9/18/18	12/18/18	14	\$105.00	184155
	Wednesday	4:00 PM	4:30 PM	9/19/18	12/19/18	14	\$105.00	184156
	Thursday	4:00 PM	4:30 PM	9/20/18	12/20/18	13	\$97.50	184151
	Thursday	5:30 PM	6:00 PM	9/20/18	12/20/18	13	\$97.50	184152
	Thursday	6:00 PM	6:30 PM	9/20/18	12/20/18	13	\$97.50	184153
	Friday	4:00 PM	4:30 PM	9/21/18	12/21/18	13	\$97.50	184148
	Friday	5:30 PM	6:00 PM	9/21/18	12/21/18	13	\$97.50	184149
<b>Adults</b> Ages 17 & up	Monday	11:30 AM	12:00 PM	9/17/18	12/17/18	13	\$97.50	183898
	Monday	5:30 PM	6:00 PM	9/17/18	12/17/18	13	\$97.50	183899
	Wednesday	11:30 AM	12:00 PM	9/19/18	12/19/18	14	\$105.00	183902
	Wednesday	5:30 PM	6:00 PM	9/19/18	12/19/18	14	\$105.00	183903
	Friday	11:30 AM	12:00 PM	9/21/18	12/21/18	13	\$97.50	183897
	Saturday	11:00 AM	11:30 AM	9/22/18	12/22/18	14	\$105.00	183900
	Sunday	11:30 AM	12:00 PM	9/23/18	12/23/18	14	\$105.00	183901
<b>Adult Stroke Development Class</b>	Tuesday	8:00 PM	8:45 PM	9/18/18	12/18/18	14	\$157.50	183896
	Thursday	8:00 PM	8:45 PM	9/20/18	12/20/18	13	\$146.25	183895
<b>Senior Adult</b> Ages 50 & up	Tuesday	11:30 AM	12:00 PM	9/18/18	12/18/18	14	\$105.00	183904
<b>Pre-Competition</b>	Friday	6:00 PM	7:00 PM	9/21/18	12/21/18	13	\$195.00	184147
<b>Family Lesson</b>	Saturday	10:30 AM	11:00 AM	9/22/18	12/22/18	14	\$105.00	183927

## Women Single Gender Programs

Seattle Parks and Recreation is proud to offer single gender public swim and swimming lessons for women who, because of cultural or personal reasons, cannot swim in a co-ed environment. During these programs the windows to the pool are covered and only female instructors are employed for privacy.

Class	Days	Start Time	End Time	Start	End	# Classes	Cost	Barcode
<b>Kinder</b> Ages 4 and 5 Years Old (Girls Only)	Sunday	6:00 PM	6:30 PM	9/23/18	12/23/18	14	\$126.00	184182
<b>Beginning Swimmer</b> Ages 6-16 Years Old (Females Only)	Sunday	5:30 PM	6:00 PM	9/23/18	12/23/18	14	\$105.00	184181
<b>Women &amp; Teens</b> 12 Year Old & up (Females Only)	Sunday	6:00 PM	6:30 PM	9/23/18	12/23/18	14	\$105.00	184180



**Seattle Children's**  
HOSPITAL • RESEARCH • FOUNDATION

YOU CAN BE A SUPER HERO TOO! As part of our ongoing commitment to water safety, Seattle Parks and Recreation—in partnership with Seattle Children's

Hospital and supplemented by donations from the community made to the You Can Be A Super Hero Too campaign—is offering scholarships to supplement the cost of swim lessons for youth ages 4 to 16.



### Can you make a donation?

To make your donation to the Seattle Parks and Recreation swim lesson scholarship fund, visit any Seattle Parks and

Recreation swimming pool, or donate online to [www.arcseattle.org/get-involved/](http://www.arcseattle.org/get-involved/). For more information, call your local pool or 206-684-7185. Be a hero and help every child become a super swimmer!

## Lesson Tips of the Quarter

### Attendance

Your children's learning relies on a lot of factors, including skill level, student-teacher relationships, class control to name a few. But, the greatest factor that we often forget is attendance. If a student is in class and actively participating, they will learn more.

The first thing that comes to mind when we are asked "Why can't my kid swim?" is whether or not the child has good attendance and properly engaged in class. Registration is not enough—following through with consistent attendance, active participation and paying attention will let you reap the benefits of your classes. Below are some other ripple effects of having good attendance.

#### Ripple # 1: ***It makes sure that every student fits their class.***

On the first day of lessons, we group kids together according to skill level and assign their teachers. Lately with some of our bigger classes, only half of all registered students show up. This does not let us see everyone's skill sets and the groupings end up wonky. When everyone shows up, it makes the process more effective and the students are set up for success.

#### Ripple # 2: ***The student obtains and retains skills better.***

The more we do things, the more they become natural to us. The more we practice, the better we get. The same is true in swim lessons. We want them there, and we want them to keep coming. That's the best way for them to get the practice and instructions they need to be safer and better when in the water.

These are quick and easy ways to help you, other patrons and the staff make sure that we achieve our aquatic goals. We are excited to have you here at Rainier Beach Pool and Community Center.

***Happy Swimming!***

## Do you know a swimmer who needs a scholarship?

To learn more about applying or to receive a Low-Income Scholarship application, please speak to a front desk attendant.

Approved scholarships may be used for any swimming lesson, with additional funding available to Kinder, Beginning Swimmer, and Advanced Swimmer lessons.